

Chermoula Pork & Wholemeal Couscous

with Veggies & Garlic Yoghurt

Grab your Meal Kit with this symbol



Carrot



Garlic



Cherry Tomatoes



Baby Spinach Leaves



Lemon



Mint



Sweetcorn



Vegetable Stock Powder



Wholemeal Couscous



Greek-Style Yoghurt



Chermoula Spice Blend



Pork Strips

- Hands-on: **25-35 mins**
- Ready in: **30-40 mins**
- Calorie Smart

This recipe is all about the little differences – the chermoula spicing up the pork, the flecks of carrot adding sweetness to the couscous, the yoghurt adding creaminess and tang, and lastly, the mint garnish, which makes the dish sing.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	½	1
garlic	2 cloves	4 cloves
cherry tomatoes	1 punnet	2 punnets
baby spinach leaves	1 small bag	1 medium bag
lemon	½	1
mint	1 bag	1 bag
sweetcorn	1 tin (125g)	1 tin (300g)
butter*	20g	40g
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
wholemeal couscous	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
chermoula spice blend	1 sachet	2 sachets
pork strips	1 small packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2490kJ (595Cal)	491kJ (117Cal)
Protein (g)	41.4g	8.2g
Fat, total (g)	24.7g	4.9g
- saturated (g)	10.2g	2g
Carbohydrate (g)	44.7g	8.8g
- sugars (g)	13.2g	8.8g
Sodium (mg)	1566mg	309mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Grate the **carrot** (see ingredients). Finely chop the **garlic**. Halve the **cherry tomatoes**. Roughly chop the **baby spinach leaves**. Zest the **lemon** to get a good pinch, then slice into wedges. Pick and roughly chop the **mint leaves**. Drain the **sweetcorn**.



Flavour the pork

In a medium bowl, combine the **chermoula spice blend** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then add the **pork strips**, tossing to coat.



Make the couscous

In a medium saucepan, melt the **butter** with a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **sweetcorn**, stirring, until softened, **2-3 minutes**. Add the **water** and **vegetable stock powder**. Bring to the boil. Add the **wholemeal couscous**. Stir to combine, then cover with a lid and remove from the heat. Set aside until the water is absorbed, **5 minutes**.



Cook the pork

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **pork**, in batches, until golden and cooked through, **2-3 minutes**. Meanwhile, to the **couscous**, add the **lemon zest**, **cherry tomatoes**, **baby spinach** and a squeeze of **lemon juice**. Stir to combine. Season to taste.

TIP: Pork can be served slightly blushing pink in the centre.



Make the garlic yoghurt

In a large frying pan, heat a drizzle of **olive oil** and the **garlic** over a medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek-style yoghurt** to the **garlic oil** mixture, stirring to combine. Season to taste. Set aside.



Serve up

Divide the wholemeal couscous between bowls. Top with the chermoula pork. Drizzle with the garlic yoghurt and garnish with the mint. Serve with any remaining lemon wedges.

Enjoy!

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